



# HealthQuest Wellness Champion Network Monthly Webinar

Thursday, August 13<sup>th</sup> - 11:00-11:45 am

Call in number: 1-763-957-6300

Tip: Please join the WebEx first and then have the audio call out to you

## Agenda

- Welcome New Champions!
- Leadership Development Series
  - *With Special Guest Jack Bastable*
  - Recap: Leadership Conversations
- Program Reminders
- Flu Shot Clinics!
- August EAP Webinar
- Create a Will for Only \$11.99!!
- August HQ Seminar
- Have you called Nurse24 lately??

## Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

3



**How to impact the culture  
of your agency or department  
and gain support from managers and supervisors**



## **Sharing Customer “Feedback” and “Feedforward”**



**"MENTORING IS A BRAIN TO PICK, AN EAR TO LISTEN, AND A PUSH IN THE RIGHT DIRECTION."**

**JOHN C. CROSBY**

© Lifehack Quotes

## **Types of Mentors**

**Wise leader** - sharing insights and experiences

**Life Coach** – guidance in specific areas of life; career, parenting, health, sport

**Teacher** - helping to build professional talents and skills

**Peer mentors** - informal relationships in which colleagues or friends help each to gain professional development experience, share networking contacts, or simply support each other's career path choices.

**Confidante** is not so much a mentor as someone to use as a touchstone or sounding board. It is helpful in both healthy and dysfunctional work environments to have a confidante with whom to bat ideas around, air frustrations, request reality checks, and seek advice.

**Self-help mentor** books, manuals, articles, checklists, software, Web sites, etc.

## Resources

### 10 Ways to be a Good Mentor

[http://www.blueskycoaching.com.au/pdf/v4i10\\_mentor.pdf](http://www.blueskycoaching.com.au/pdf/v4i10_mentor.pdf)

### 10 Qualities of a Good Mentor

<http://franchisegrowthpartners.com/mentoring>

### A Good Mentor is Someone who:

[http://www.loc.gov/flicc/about/FLICC\\_WGs/hr/mentor\\_program/good%20mentor2.pdf](http://www.loc.gov/flicc/about/FLICC_WGs/hr/mentor_program/good%20mentor2.pdf)



## Current HQ Program Year Reminders

- ✓ **“Stress Busters”** – September 14<sup>th</sup> – October 7<sup>th</sup>
- ✓ KS Financial Center Learning Modules – Complete ALL Modules by September 30<sup>th</sup> & be entered to WIN an iPad mini! - <https://atwork.everfi.net/kansasfinanciallearningcenter/login>
- ✓ Current Program Year ends Sunday, November 15<sup>th</sup>
  - ✓ Reminder e-mails going out to those who have NOT earned Incentive yet
- ✓ Open Enrollment Meetings are Coming in October – See the list sorted by City at <http://www.kdheks.gov/hcf/sehp/download/oemeetings.pdf>



## Flu Shot Clinics – Start September 1<sup>st</sup>

- Who's Eligible?
  - **Must be covered under Plan A or C**
  - All Active employees
  - Spouses
  - Dependents over 18
  - Retirees
  - Take Your CVS Caremark card!
- [www.Occuvax.com](http://www.Occuvax.com)
  - Schedule My Appointment
  - Company ID – Kansas
  - Password – Kansas



For the Schedule of Flu Clinics click

<http://www.kdheks.gov/hcf/sehp/download/2015-FluShotSchedule-071515.pdf>

11

## August 2015 EAP Webinar

**Thursday, August 20<sup>th</sup>, 2015, 3:00 p.m.**

***Are YOU Financially On Track for Retirement?***

One of the top financial goals for individuals and couples is to be financially secure in retirement.

**Register at**

<https://attendee.gotowebinar.com/register/561822111159384834>

**Also check out this helpful retirement planning resource:**

[http://www.kdheks.gov/hcf/healthquest/download/Retirement\\_Newsletter.pdf](http://www.kdheks.gov/hcf/healthquest/download/Retirement_Newsletter.pdf)

12

## Your EAP Estate Planning Benefits

### Limited Time Special – Create a will for **ONLY \$11.99!**

Go to [www.guidanceresources.com](http://www.guidanceresources.com) and click on the EstateGuidance link under the Featured Program section.

- ▶ Complete a customized will for your estate
- ▶ Utilize an intelligent questionnaire to guide you through the process
- ▶ Name a guardian for your children
- ▶ Name an executor to settle your estate
- ▶ Specify funeral and burial wishes

**Your GRO company Web ID: SOKEAP**

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13

## August 2015 Seminar Available on the Portal 8/1/15

### Current Seminar:



#### Antibiotics and Your Health

Antibiotic resistance is growing all around the world. Drugs that used to fight common infections do not work like they once did. This seminar examines this serious problem and explains what you can do to protect yourself.

[Learn More](#) ▼



10974 People



**1**  
Credit

[View Seminar](#)

## Nurse24

✓ Call 1-888-275-1205, Option 2

- ✓ 24 Hours a Day
- ✓ 7 Days a Week
- ✓ 365 Days a Year
- ✓ Learn More:

<http://www.kdheks.gov/hcf/healthquest/download/Nurse24brochure.pdf>



15

## Thank You for Joining Us Today!!

**Next Meeting is Thursday, September 10<sup>th</sup>, 2015**

**11:00-11:45 am**

*Secret Question:*

**Open Questions / Comments**



16